

FIG. 1

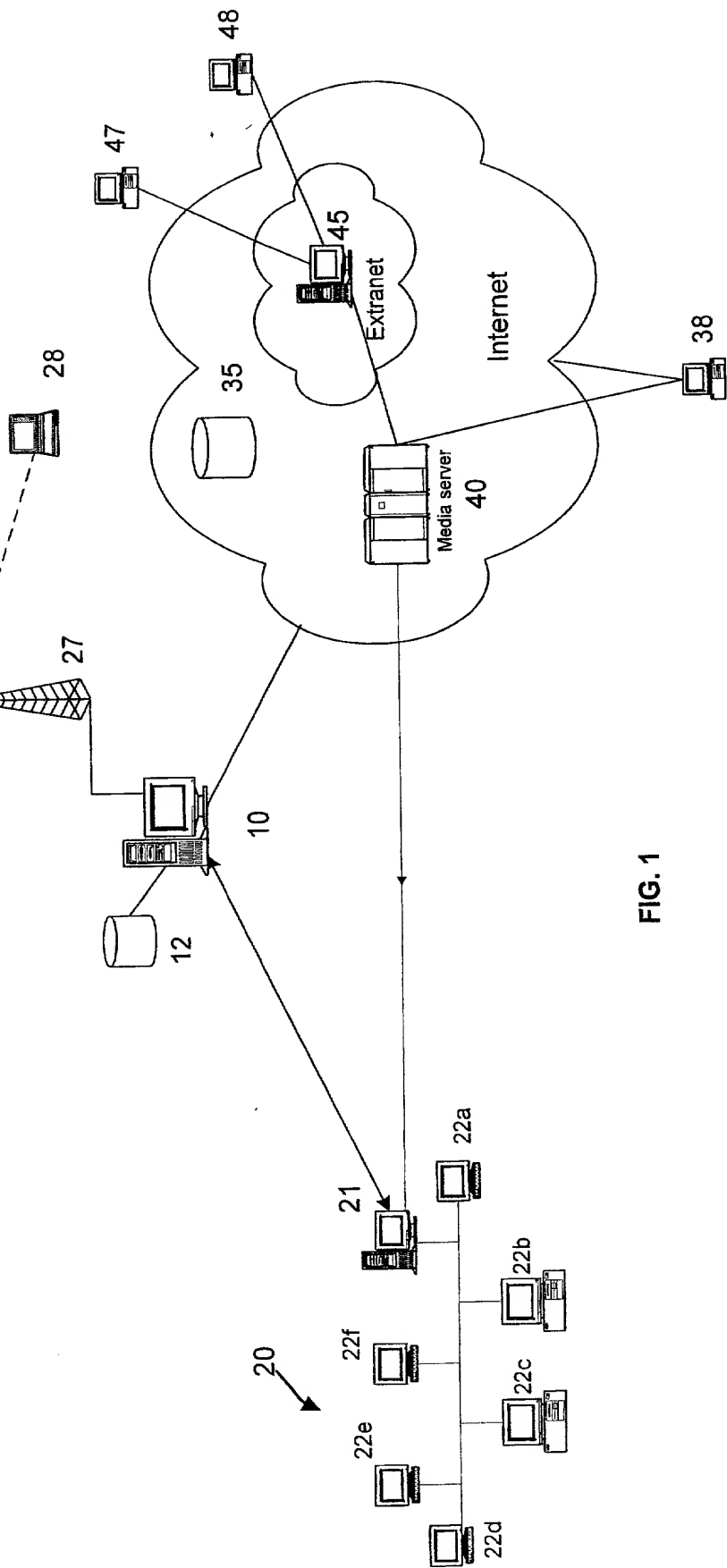


FIG. 1

FIG. 2

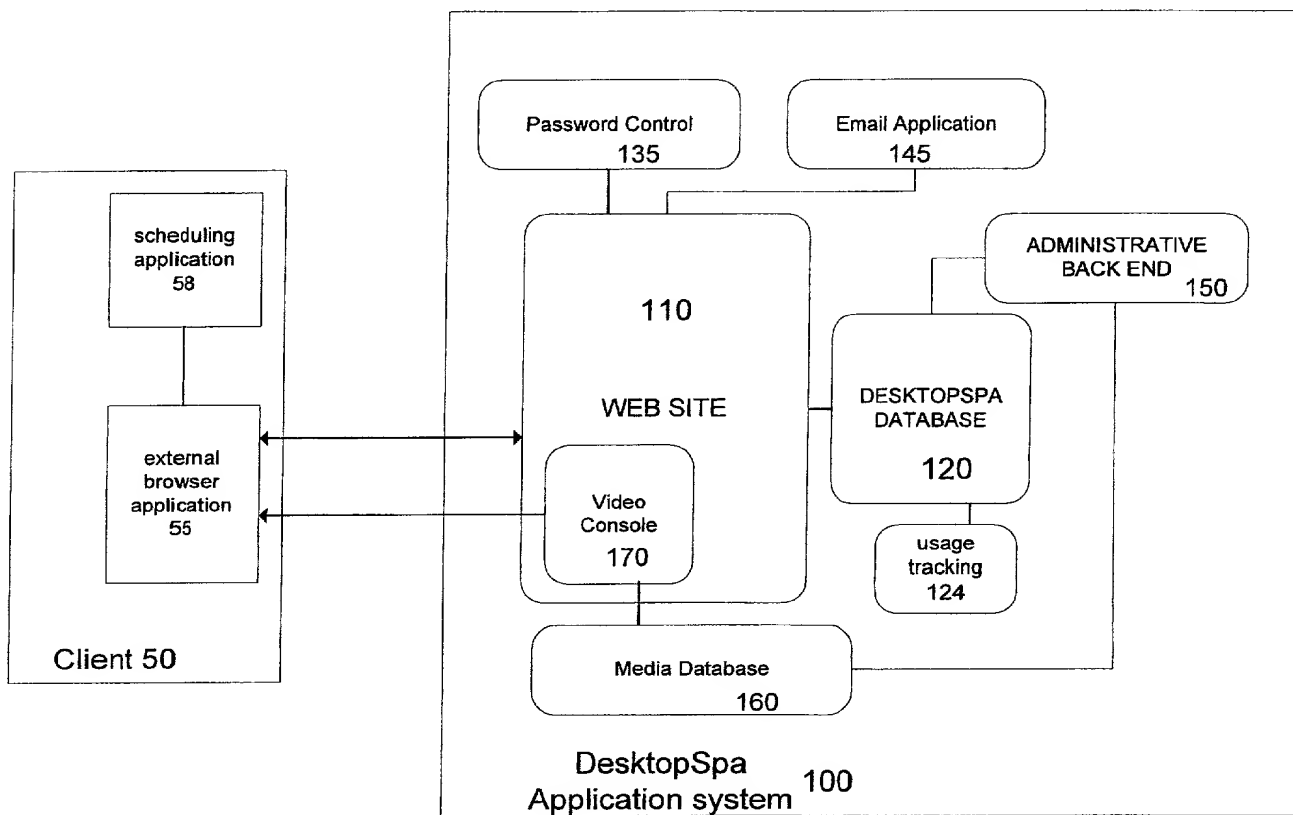


FIG. 3

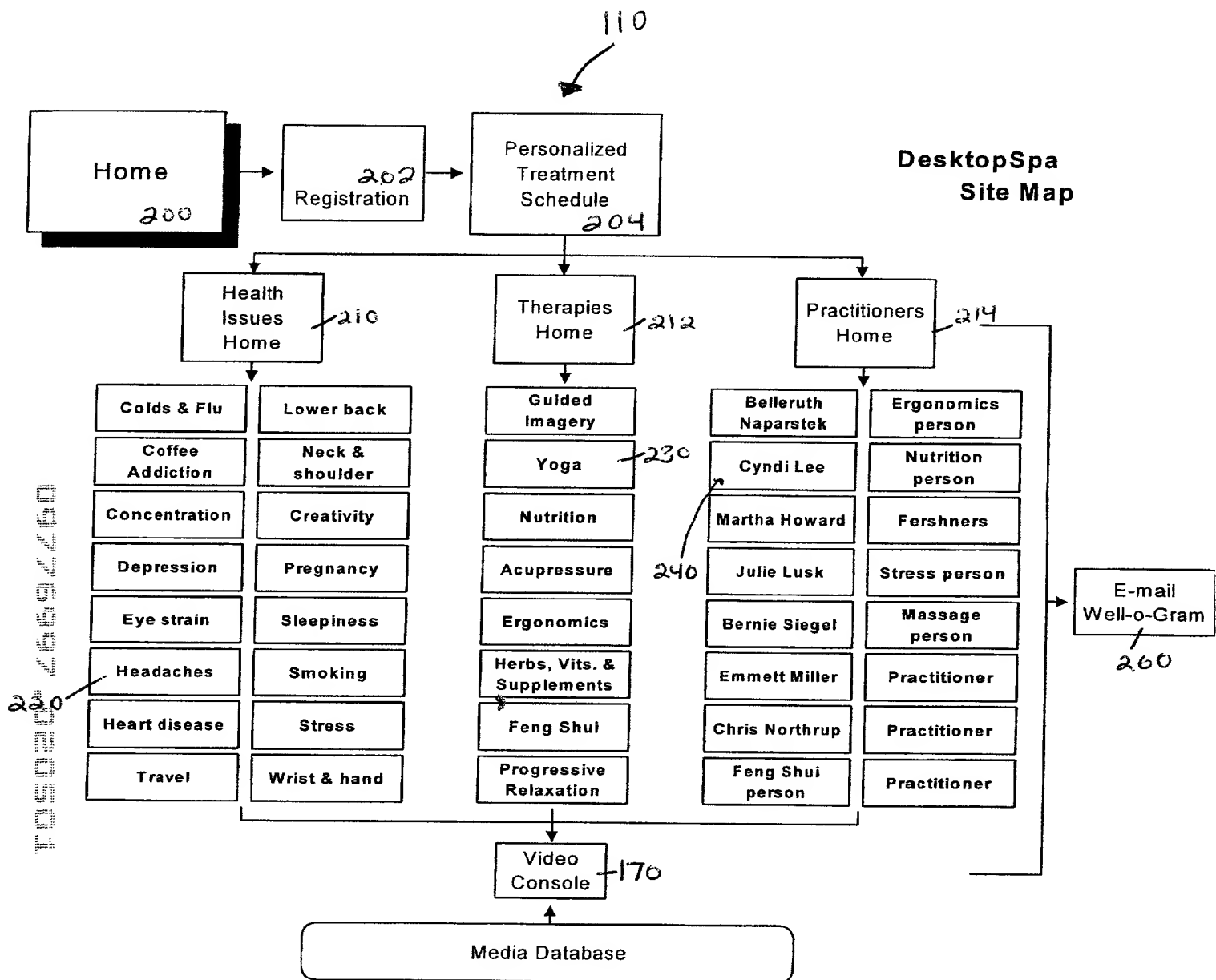


FIG. 4

200

200

301

302a

302f

302p

303a

303f

303p

305

310

304

170

DesktopSpa Stay Healthy @ Work

Design Your Personal Daily Desktop Treatment Schedule

Use the sliders to evaluate how often each of the following health issues is a problem for you:

	Never	1	2	3	4	Always
Cold & flu	[Slider]					
Coffee Addiction	[Slider]					
Difficulty concentrating	[Slider]					
Depression	[Slider]					
Dizziness	[Slider]					
Headaches	[Slider]					
Heart disease	[Slider]					
Travel, parking & traffic	[Slider]					
Lower back pain	[Slider]					
Neck & shoulder pain	[Slider]					
Not feeling creative	[Slider]					
Pregnancy discomfort	[Slider]					
Stomach	[Slider]					
Stress	[Slider]					
Wrist & hand pain	[Slider]					

submit reset all

Registered Users Login

Name _____

Password _____

Forgot Your Password?

Find a Treatment

Browse by

Health Issue Therapy Practitioner

Today's Featured Desktop Treatment:

Martha Howard's Do-it-Yourself 3 Minute Accupressure Headache Relier

Privacy Guarantee

FIG. 5

desktopspa

202

Sex ☒ Female

☐ Male

Age

Tell us About Yourself

First Name

Last Name

Email Address

Username

Password

Password again

Corporate Code

Social security #

Favorite Therapy (*optional)

Accupressure

Meditation

Qi Gong

Yoga

Remember my ID and password so that I don't have to log in each time I visit this site.

(Why wouldn't you do this? If you're worried about other users who might sit at your computer seeing what health treatments and issues are important to you.)

My connection speed is

T1 or faster

56 k modem

(What does this mean?)

I prefer

RealVideo

Windows Media

Quicktime

Legal Agreement copy here.

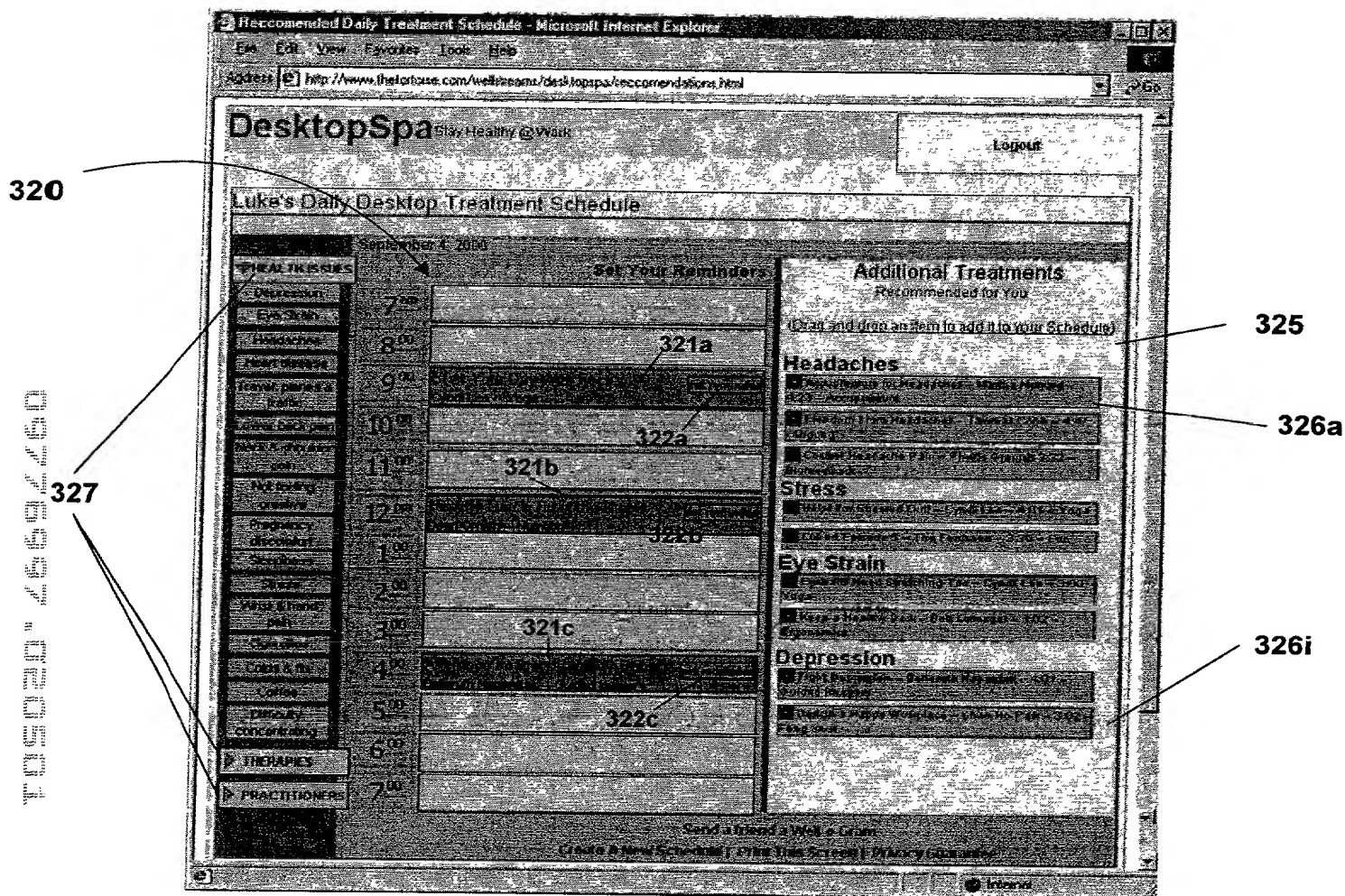
I Agree.

Proceed

?

Our Privacy Policy

204



September 4, 2000

Set Your Reminders

Additional Treatments Recommended for You
(Drag and drop an item to add it to your Schedule)

Set Your Reminders - Step 1

Please Indicate HOW you would like the reminder for this event delivered.

- ☐ Daily Email
- ☐ Microsoft Outlook Reminders
- ☐ Sync My Palm Pilot
- ☐ Call My Cell Phone/Pager
- ☐ Instant Messenger

Submit Query

7:00

8:00

9:00 Start Your Day With Cynal Lee - Yoga

10:00

11:00

12:00 Healthy Lunch Tip of Dean Ormish - Nutrition

1:00

2:00

3:00

4:00 Afternoon Imagery/Energy Boost Belteruth Napantak - Guided Imagery

Martha Howard

Thomas Cobb - 447

Mrs. Gianni 3.22

Al Lee - 401 - Yoga

Phaz - 2:30 - Fun

Cyndi Lee - 3:00

Keep a Healthy Desk - Bob Lufnagel - 1:02 - Ergonomics

Depression

Fight Depression - Belteruth Napantak - 4:01 - Guided Imagery

FIG. 7a

September 4, 2000

Set Your Reminders

Additional Treatments Recommended for You
(Drag and drop an item to add it to your Schedule)

Set Your Reminders - Step 2

Please Indicate WHEN you would like the reminder for this event delivered.

7AM

Submit Query

7:00

8:00

9:00 Start Your Day With Cynal Lee - Yoga

10:00

11:00

12:00 Healthy Lunch Tip of Dean Ormish - Nutrition

1:00

2:00

3:00

4:00 Afternoon Imagery/Energy Boost Belteruth Napantak - Guided Imagery

Martha Howard

Thomas Cobb - 447

Mrs. Gianni 3.22

Al Lee - 401 - Yoga

Phaz - 2:30 - Fun

Cyndi Lee - 3:00 - Yoga

Keep a Healthy Desk - Bob Lufnagel - 1:02 - Ergonomics

Depression

Fight Depression - Belteruth Napantak - 4:01 - Guided Imagery

FIG. 7b

September 4, 2000

Set Your Reminders

Additional Treatments Recommended for You
(Drag and drop an item to add it to your Schedule)

Set Your Reminders - Step 3

You have scheduled a reminder for your Microsoft Outlook Reminders at 9am

Close and Return to Your Schedule

7:00

8:00

9:00 Start Your Day With Cynal Lee - Yoga

10:00

11:00

12:00 Healthy Lunch Tip of Dean Ormish - Nutrition

1:00

2:00

3:00

4:00 Afternoon Imagery/Energy Boost Belteruth Napantak - Guided Imagery

Martha Howard

Thomas Cobb - 447

Mrs. Gianni 3.22

Al Lee - 401 - Yoga

Phaz - 2:30 - Fun

Cyndi Lee - 3:00

Keep a Healthy Desk - Bob Lufnagel - 1:02 - Ergonomics

Depression

Fight Depression - Belteruth Napantak - 4:01 - Guided Imagery

FIG. 7c

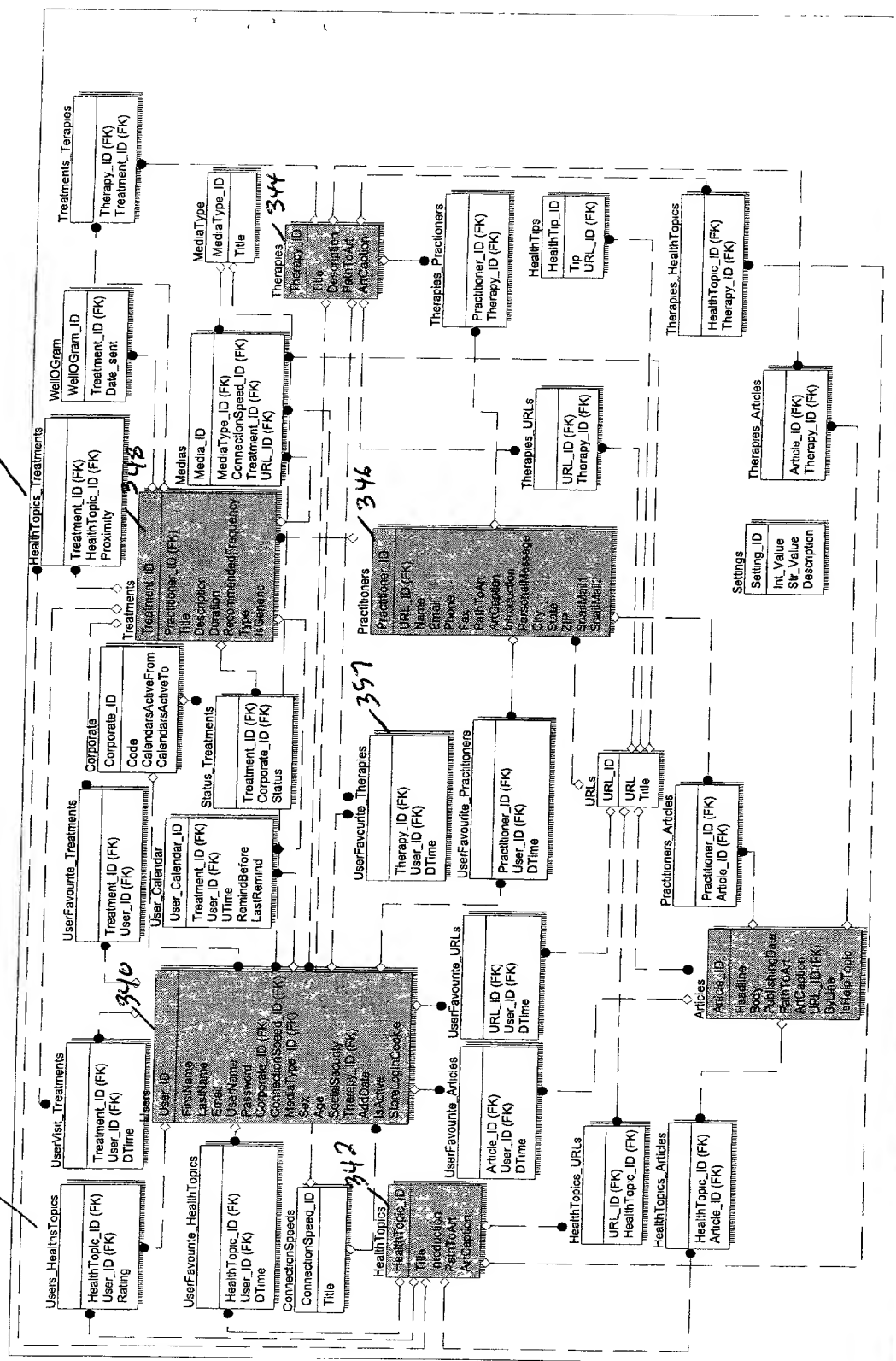
[illegible]

FIG. 9

260

Well-o-Gram

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh. Lorem ipsum dolo.

You are sending this treatment: **Treatment Title Here.**

Your friend's name

Your friend's email

Personal message

Send Well-o-Gram

FIG. 9

220

FIG. 10

380

385

Alignment: Headache - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://www.thetofix.com/wellstreams/desktopspa/headache.html

DesktopSpa Day Healthy at Work

Back to Your Schedule

HEADACHES

Treatment	Practitioner	Duration	Therapy	Reminder
Fix Your Headache With Yoga	Cyndi Lee	4:01	Yoga	ADD
Ease a Headache	Belle Ruth	2:34	Guided imagery	ADD
Headache Relief	Dr. Emmett Miller	5:54	Guided imagery	ADD
Acupressure for Headaches	Martha Howard	4:23	Acupressure	REMOVE
Stop a Headache Before it Starts	Dr. Nutritionist	2:12	Nutrition	ADD
Freedom from Headaches	Thomas Cobb	4:47	Ongoing	ADD
Control Headache Pain	Phyllis Grannis	3:32	Biofeedback	ADD

Health Issues Home

382f Send A Friend A Web.O-Granny2

ABOUT HEADACHES
Top 10 Headache Relief Tips for the Office
What are the Different Types of Headaches?
Why Use These Techniques Rather Than Medication?
Form Your Favorite Personal Headache Relief Tips

HEALTH ISSUES

- Depression
- Eye strain
- Headaches
- Heart disease
- Travel sickness
- Lower back pain
- Stress & smoking
- Stomach cramping
- Pregnancy discomfort
- Sleepiness
- Stomach
- Upper & lower
- Overexertion
- Cold & flu
- Coffee
- Difficulty concentrating

THERAPIES

PRACTITIONERS

230

FIG. 11

Treatment: Yoga - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.theholistic.com/wellness/dekstopspa/yoga.html> Go

DesktopSpa Stay Healthy @ Work

[Back to Your Schedule](#)

YOGA

	Treatment	Practitioner	Duration	Health Issue	Reminder	ABOUT YOGA What is Yoga and how Can it Help You?
HEALTH ISSUES	Help I'm Stressed Out	Cyndi Lee	4:01	Stress	ADD	Breathing. It's More Important Than You Think
THERAPIES	Cats & Cows @ the Office	Cyndi Lee	3:23	Lower back pain	ADD	Additional Yoga Resources
Yoga	Cyndi's 2-minute Keyboard Break	Cyndi Lee	2:04	Wrist & hand pain	Remove	Meet Our Yoga Practitioners
Nutrition	Apex Yoga Energy Boost	Cyndi Lee	3:34	Sleepiness	ADD	
Ergonomics	Yoga for the Frequent Flier	Cyndi Lee	6:43	Travel	ADD	
Acupuncture	Yoga for Freeway Traffic Jams	Cyndi Lee	9:24	Travel	ADD	
Yoga Chakras	Cyndi's Smoke Break	Cyndi Lee	2:34	Cigarettes	ADD	
Meditation	Eyeballs Need Stretching Too	Cyndi Lee	2:00	Eye strain	REMOVE	
Eye Care	Breathe & Focus	Cyndi Lee	1:34	Difficulty concentrating	REMOVE	
Herbs, Vitamins, Supplements	Wrist Rolls (Aren't Sushis)	Julie Lusk	3:32	Wrist & Hands	ADD	
Creativity	Yoga on the Go	Julie Lusk	5:01	Travel	ADD	
PRACTITIONERS	Shoulder Shruggers	Julie Lusk	3:21	Back & neck pain	ADD	
	Create a Life Not a Lifestyle	Julie Lusk	4:01	Stress	ADD	

[Therapies Home](#)

[Send A Friend A Well-Being](#)

Done Internet

240

FIG. 12

Practitioner: Cyndi Lee - Microsoft Internet Explorer

Address: <http://www.thetortoise.com/webstreams/desktopspa/cyndilee.html>

DesktopSpa Stay Healthy @ Work [Back To Your Schedule](#)

OM Yoga with Cyndi Lee

	Treatment	Duration	Health Issue	Reminder	
REAL ISSUES	Help! I'm Stressed Out!	4:01	Stress	ADD	Who is Cyndi Lee?
THERAPIES	Cats & Coars at the Office	3:23	Lower back pain	ADD	What's OM Yoga?
	Cyndi's 2-minute Keyboard Break	2:04	Wrist & hand pain	REMOVE	How can Cyndi help me at the office?
PRACTITIONERS	Yogi Yoga Energy Boost	2:34	Sleepiness	ADD	E-mail a question to Cyndi
Beaumont	Yoga for the Frequent Flier	5:43	Travel	ADD	
Beaumont	Yoga for Freeway Traffic Jams	2:24	Travel	ADD	
Cyndi Lee	Cyndi's Smoke Break	2:34	Cigarettes	ADD	
Marina Howard	Eyeballs Need Stretching Too	3:00	Eye strain	REMOVE	
Robt Lusk	Breathe & Focus	1:34	Difficulty concentrating	ADD	
Practitioner's Home					
Send A Friend A Web O-Grande					
Ergonomics Person					
Nutrition Person					

© 2000

FIG. 13

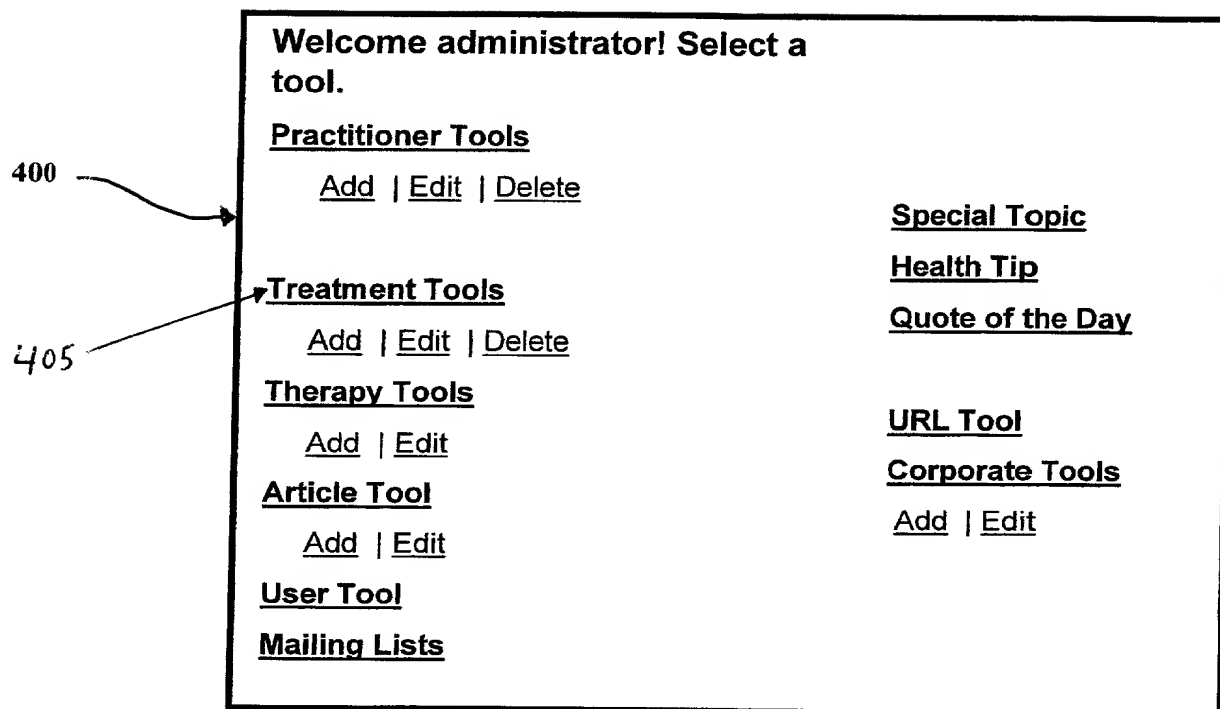


FIG. 14

411

Add a Treatment

Associate this treatment with these therapies

Yoga
Guided Imagery

Massage

Practitioner 412

Title 413

Description 414

Related Health Topics

Never ----- Always

•Headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	415
•Smoking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
•etc...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

This treatment is only for this corporation 416

Duration 417

Reccomended Frequency 418

This treatment is a ☐ video clip ☐ audio clip

URL of Media

419

Edit an Existing Tretament

Delete an Existing Treatment

FIG. 15

420

Edit a Treatment

Yoga
Guided Imagery

Message

Associate this treatment with these therapies

Practitioner [Add a Practitioner](#)

Title

Description

Related Health Topics

Never ----- Always

•Headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
•Smoking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
•etc...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Proiorty

Duration

Reccomended Frequency

URL of Video

[Edit an Existing Tretament](#)

[Delete an Existing Treatment](#)

FIG. 16

430

434

432

User1

Last Login: mm:dd:yy hh:mm

Send this user an email

First Name

Luke

Last Name

Monaco

Email Address

luke@imagepaths.com

Username

lukem

Password

Favorite treatment

Yoga

Date Joined

10/17/00

Health Issue 1

Health Issue 2

Health Issue 3

Health Issue 4

Health Issue 5

Health Issue 6

View User1's Schedule

This User is Currently Active

Make Inactive

Mailing Lists Subscribed to:

none

Exit Without Saving

Delete User

Save changes

Home

FIG. 17

Corporate Tool

Corporate code 442

Users' calendars should be active

From this hour AM

To this hour AM } 444

☐ No reminders please

Ban the following treatments

446	Treatment 1	<input type="button" value="v"/>	<input type="button" value="v"/>	Headache-be gone!
	Treatment 2			

Specially promote the following treatments

448	Treatment 1	<input type="button" value="v"/>	<input type="button" value="v"/>	Sinus rub
	Treatment 2			

Our logo

Edit an Existing Corporation Delete an Existing Corporation

corp titles here <input type="button" value="v"/>	corps here <input type="button" value="v"/>	<input type="button" value="Delete It"/>
---	---	--